



HARI CHINTANAM

— Revised —

SARVADA SARVA KELESHU
SARVATRA HARI CHINTANAM

श्री गुरवे शिवाय नमः

अस्त्यस्मिन्महसां महानिधिरसौ देवो विवस्वान् महान्
यस्मिञ्जाग्रति जाग्रतीव रजनीसुप्ता इमे जन्मिनः ।
किन्त्वेका महती ततो विजयते श्रीदैशिकाङ्घ्रिद्युति-
र्यद्भासाच्छुरितं चिरन्तनतमो हित्वैव जागर्ति सत् ।।

श्री गुरुस्तुतिः

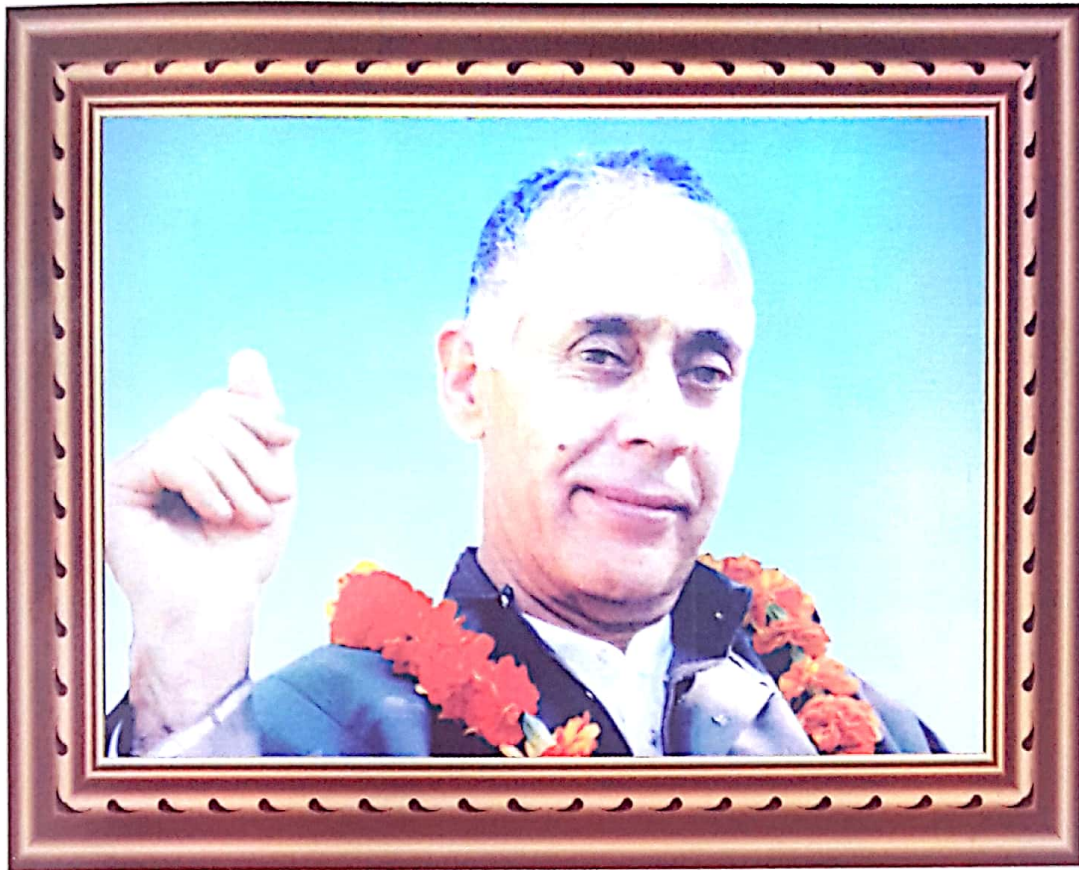


ओं श्री गणेशाय नमः



वक्रतुण्ड महाकाय
सूर्य कोटि समप्रभ ।
निर्विघ्नं करु मे देव
सर्वकार्येषु सर्वदा ।।

आलम्बे जगदालम्बं हेरम्बचरणाम्बुजम् ।
शुष्यन्ति यद्रजः स्पर्शात् सद्यः प्रत्यूहवारधयः ।।



Dedication

This book is dedicated

to

the sacred memory of my father

Revered Guru Swami Lakshmanjoo Maharaj

A Doyen of Kashmir Shaivism

* * * * *

**Dust of your feet is my tilak
and**

Mere glancing at them fulfills all wishes.

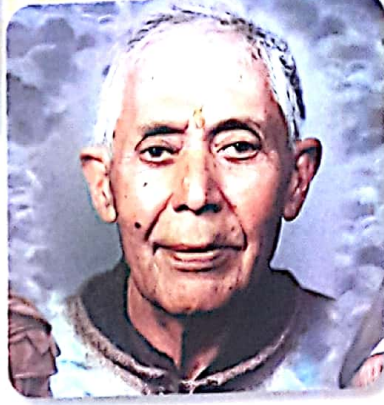
Dt. 09.05.2017

Pran Nath Raina

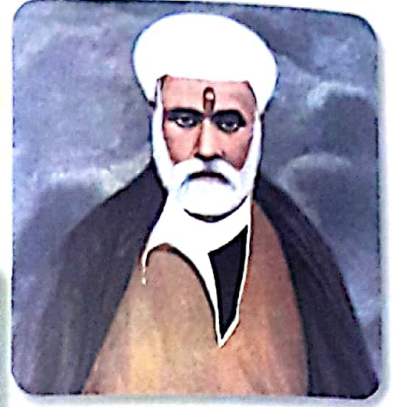
Our Holy Trinity



Swami Ramji



Ishwarswaroopji



Swami Mahatabkakji

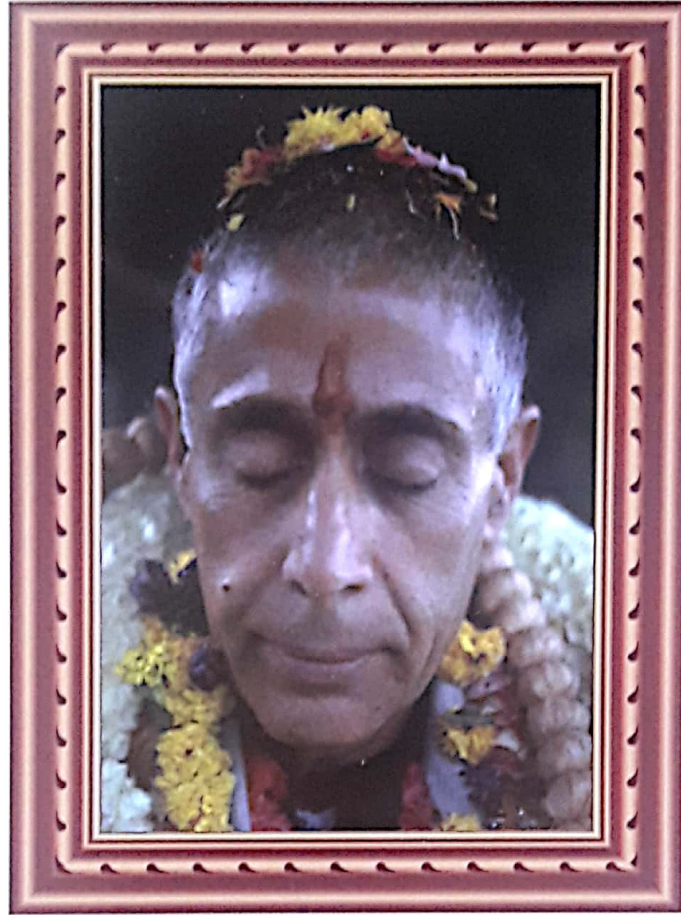


श्री गुरुस्तोत्रम्:

गुरुर्ब्रह्मा गुरुर्विष्णुर्गुरुर्देवो महेश्वरः ।
गुरुरेव परं ब्रह्म तस्मै श्रीगुरवे नमः ॥ १ ॥
अखण्डमण्डलाकारं व्याप्तं येन चराचरम् ।
तत्पदं दर्शितं येन तस्मै श्रीगुरवे नमः ॥ २ ॥
अज्ञानतिमिरान्धस्य ज्ञानाञ्जनशालाकया ।
चक्षुरुन्मीलितं येन तस्मै श्रीगुरवे नमः ॥ ३ ॥
स्थावरं जङ्गमं व्याप्तं येन कृत्स्नं चराचरम् ।
तत्पदं दर्शितं येन तस्मै श्रीगुरवे नमः ॥ ४ ॥
चिद्रूपेण परिव्याप्तं त्रैलोक्यं सचराचरम् ।
तत्पदं दर्शितं येन तस्मै श्रीगुरवे नमः ॥ ५ ॥
सर्वश्रुतिशिरोरत्नसमुद्रासितमूर्तये ।
वेदान्ताम्बूजसूर्याय तस्मै श्रीगुरवे नमः ॥ ६ ॥
तस्मै श्रीगुरवे नमः तस्मै श्रीगुरवे नमः
तस्मै श्रीगुरवे नमः



Lord of My Hearts Temple



Your grace is mirrored in the stern commands of my conscience, guiding me to do the right and evading wrong. The very word "Ishwarswaroop" a symbol of infinite truth gives an idea of your eternal grace that you shower with all care and kindness.

Salutations to you as you affectionately ward off the dangers, misfortunes and calamities of all devotees who take refuge in you. You are the Almighty, the all powerful and no one can do what you can. Your guidance and blessings are working in all of us to ferry us across.

**Remembrance of your name is my Japa
Your command is my duty
&
Service my worship**

PNR



SHREE MAHABHAIRAVA



ॐ Shree Mahabhairava is a source of creation, protection and destruction of the Universe. The great lord is tremendously violent, frightful, fierce and always remains engaged in action with the performance of His cosmic dance. Shree Mahabhairava at close of the cycle of creation- happily dissolves the Universe into its cause and simultaneously creates a new one in total togetherness with Devi Parvati who always remains involved being the inseparable part of the cosmic energy of Shree Mahabairava.



A-NOTE

I have much pleasure in presenting the revised edition of the book "Hari Chintanam". It has an addition of quotes making it more elaborate by directly aiming at the truth based on the non-dualism doctrine of Kashmir Shaivism. These precious crystals have been drawn forth from the teachings of the great spiritual masters of the stature and eminence of Swami Lakshmanjoo Raina. These highly refined quotes teach divinity of existence as one beyond which reason, thought and experience cannot go. This present work endeavours to summarize the main principles of life vis-a-vis the supreme secrets which deal with man and his maker. The thoughts are based on the truth as old as the creation. I am sure the quotes will provide the reader with subtle inspirational thoughts and tune the mind of the reader to help tread on the path leading to liberation of soul.

Jai Gurudev

Date : 09.05.2017

Pran Nath Raina

A Brief Note on the Principle Salient Features of Kashmir Shaivism

Kashmir Shaivism is a doctrine of non-dual yogic philosophy based on the secular nature of principles teaching through various disciplines that freedom from miseries can neither be obtained through renunciation of the World nor by hatred towards it. It recognizes no restriction or any kind of discrimination against anyone whatsoever on the basis of caste, creed, colour or sex. None is restricted from involving in the practice and teaching of this tradition. The teachings of Kashmir Shaivism are universal and therefore open to one and all. Infact, this philosophy is meant for those who have a desire and yearning to attend to knowledge and practice to liberate themselves from the bondage of repeated births and deaths. It teaches to face nature, ignorance and illusion in the conduct of daily life without any dislocation or disturbance. The love of nature, the love of man and the world and the love of God are the accents (means) of an intense awareness of the cosmic infinite whole. In performance, it does not lay down as a rule the profession of monks but advises to live (lead) a life of a householder and to practice during the course of daily ordinary life philosophical teaching of self realization. It does not advocate sanyasa, the use of saintly symbols, as all these things mean nothing to it. Salvation lays not in turning away from life but instead plunging into the great waters of life and enjoy every bit of this manifestation within the parameters of supreme consciousness. It prohibits all practice in the suppression of one's emotion and instincts and advocates a path of their sublimation. It does not ignore the worldly and heavenly aims of life consisting of objective enjoyment and liberation. It lays emphasis on devotion and concentration which makes its practice quite sweet and practicable. In this way, it is quite pragmatic in its approach towards its study and practice.

Kashmir Shaivism is a philosophy of life revealed by Lord Shiva himself through his five mouths symbolizing his five great

energies i.e. Energy of Consciousness, Energy of Bliss, Energy of Will, Energy of Knowledge and the Energy of Action.

These energies are instruments to reveal philosophy of Kashmir Shaivism or Trika Philosophy which includes the Trinity of 1) An Individual 2) The Universal Energy and 3) The Transcendental Being. Further, the philosophy has elaborately defined the three means in which the aspirant has to develop the thought of God consciousness and attain the final beauty of liberation. The means are explained under the caption.

- 1) SHAMBHAVOPAYA
- 2) SHAKTOPAYA
- 3) ANOVOPAYA

The doctrines of this secular philosophy have been further explained in four systems, namely The Pratyabhijnya System, The Kula System, The Spanda System and The Krama System.

For centuries the treatise of Kashmir Shaivism remained dormant and confined to the Valley of Kashmir. It was Swami Lakshmanjoo who rediscovered the supreme secrets of this philosophy in greater detail and mastered its teachings to interpret them more lucidly with his own experience. He evolved as a versatile genius and an eminent distinguished scholar to live as a universal monarch to possess the supreme knowledge that Kashmir Shaivism stood for. Swamiji for many decades enlightened his disciples and scholars from India and abroad who would visit him for guidance at his Ashram by the Dal-lake - not far from the famous Nishat Garden in Srinagar. He remained a great source of inspiration and compassion to innumerable devotees. Many Indian and foreign scholars studied the treatise of Kashmir Shaivism and got them published in Sanskrit, Hindi, English and French languages. Swamiji himself authored several Sanskrit texts and commentaries with Hindi and English translations such as Abhinavgupta's Commentary on the Gita, Utpaldeva's Shivastotravali, Vigyanabhairava Tantra and Shivsutras among the notable few.

It was in recognition of his contribution to contemporary Indian Philosophy that Benaras Hindu University conferred on him a doctoral degree - Honoris causa in the year 1971.

Swamiji attained Mahasamadhi on 27th September 1991 at Noida, New Delhi. Presently on every Sunday, disciples and devotees assemble in large numbers to pay homage to this Great Master at the centres established by Ishwar Ashram Trust at
(i) Ishwar Ashram, Nishat Bagh, Srinagar-191021, Kashmir
(ii) 2, Mohinder Nagar, Jammu-180002 (iii) R-5/D, Sarita Vihar, New Delhi-110076, besides Mumbai, Bangalore, Australia and USA.

P.N. RAINA

ॐ
**namaskar
mantra**

**Om Namah Sambhavya Cha
Mayobhavaya Cha
Namah Shankaraya Cha
Mayaskaraya Cha
Namah Shivaya Cha
Shivtaraya Cha**

ॐ O Almighty God! Thou art the supreme source of all worldly and divine pleasures. Thou art the impeller of our physical and spiritual advancement. O Supreme Father! We pay our humble obeisance to thee.

Beads of Liberation

- ॐ Attend to your prescribed duty with devotion and without attachment, it leads to liberation.
- ॐ Action and knowledge, knowledge and action move together.
- ॐ A bicycle cannot move on spiritual path with two breaks made of I-ness and My-ness. Attachment and detachment are enemies of God consciousness.
- ॐ All glory and spiritual wealth is taken away by anger and works as a cover for God consciousness.
- ॐ Action is route to liberation and act as the occasion demands.
- ॐ Accept what comes in your way and deal with it as may be required.
- ॐ A man who knows the truth has nothing to give up nor anything to obtain.
- ॐ All are same. Develop love and compassion for all creation.
- ॐ Act and remain aware in every action. That is meditation.
- ॐ Actions determine quality of person. A person who does everything and claims to have done nothing is liberated.
- ॐ Awareness is free of all knowledge and physical activity.
- ॐ All desires end when mind is firmly established in the state of Turya.
- ॐ A pure mind in a chaste body is the mother of wisdom.
- ॐ All that you do during the day, you do it for yourself. Be prepared to receive it back --- any day --- any time.
- ॐ Awareness be maintained of that central reality of I-consciousness which abides in the middle.
- ॐ A sound head, honest heart and a humble spirit are the three best guides through time and to eternity.
- ॐ Absence of awareness robes you of the wealth of spirituality.

- ॐ Awareness is worship and offering is activity.
- ॐ A man treading on God's path must develop and possess divine qualities consisting of fearlessness, purity of intellect, stable desire for God realization, charity and self restraint.
- ॐ As is the food so is the mind.
- ॐ Awareness is a recipe to control.
- ॐ Awareness is gate pass for liberation.
- ॐ Awareness is to be developed and made permanent in all activities.
- ॐ After achieving energy of will – yogis are free from limitations of space and time.
- ॐ A man of pure knowledge becomes part of universal wheel.
- ॐ All the organs can lead to God consciousness and the same can deprive you of that bliss.
- ॐ Awareness can airlift you from the field of ignorance.
- ॐ Awareness is a mantra recited by great yogis 21,600 times in a day.
- ॐ Add things to attain knowledge and remove them to attain wisdom.
- ॐ Action is limited and always good or bad.
- ॐ Active effort hastens the intensity of meditation.
- ॐ All images get disturbed in rough mind. However, they appear again when the mind becomes calm.
- ॐ Awareness is key to help see Him in everything and help you love everything.
- ॐ All things animate and inanimate came into existence by a creative act of God. He willed and it happened.
- ॐ Abrupt separation and desperation can cause more problems and frustrate the purpose.

- ॐ All actions done with attachment, mental or physical- blind "I" consciousness.
- ॐ Activity leads to liberation.
- ॐ A man of eternal knowledge knows tricks of mind.
- ॐ Acceptance of fruit of actions is bondage.
- ॐ Accept God as a final goal and meditate on him without wavering in His faith.
- ॐ Be a witness to every waking moment.
- ॐ Break down all the narrow walls of ego; be equal to friend and enemy; equal to honor and insult; pleasure and pain; praise and blame; grief and happiness; heat and cold.
- ॐ Bondage and liberation are the play of Lord Shiva and nothing else.
- ॐ By controlling the mind one can control the "PRANA" and by controlling "PRANA" one can control the mind.
- ॐ Before you try to know others better try to know yourself.
- ॐ By experiencing the infinite divinity yogi can see the divine power of creative energy everywhere.
- ॐ Be it be known to you that there is nothing which is not Shiva.
- ॐ Be kind, be honest, be loving, be true as all these things will come back to you.
- ॐ Be free from attachments as this alone can help you tread on this path to prepare a way to reach the highest.
- ॐ Be wide awake and dwell in God. His devotees never come to grief and never perish.
- ॐ Better to be careful, energy of illusion will create every disturbance. However, it is only master who can help remove all obstacles coming in the way.
- ॐ Be careful, there are energies to help you loose awareness.
- ॐ You are played to get entangled.

- ॐ Continual exercise is the only way to improve the quality of reaction and ultimate control over the mind.
- ॐ Control and concentration of body, mind and senses is yoga.
- ॐ Cry – O – Mother thou alone art my refuge – and she is there to pull you out.
- ॐ Calming the mind is a deliberate process undertaken and achieved in the waking state.
- ॐ Concentration is a golden key which overcomes all the obstacles.
- ॐ Creation and destruction takes place together. There is creation and destruction in the cycle of action and creation and destruction in the cycle of knowledge.
- ॐ Consciousness should be maintained in all the three states to remain alert to see the door of fourth state.
- ॐ Consciousness shines in various external and internal forms.
- ॐ Cosmic energy is existent in every grain of sand.
- ॐ Consider the whole world as one with the self.
- ॐ Consciousness is transformed into universal life force to bring forth divinity and withdrawn to its source.
- ॐ Control your actions because you cannot control the result.
- ॐ Consciousness should remain conscious of consciousness only.
- ॐ Churning of this point awakens universal mother.
- ॐ Concentrate on one Lord, one truth & get liberated.
- ॐ Cast aside the demoniac qualities which lead to numerous bondages.
- ॐ Controlling makes it more violent. Mind is to be tamed with love.
- ॐ Continuity of reality is to be maintained repeatedly till death.

- ॐ Creation and destruction are always happening and that is action.
- ॐ Concentrate on one point as sunrays do not burn until brought to a focus.
- ॐ Communication with nature takes place in the finer moments of solitude. Down deep in the pit of windless calm to create power to penetrate deep into the heart of things.
- ॐ Continuous awareness is JAPA and it gets sharper and more sharper to make all mental movements fall quite including tremble and fear.
- ॐ Cosmic consciousness is omnipresent, omniscient, omnipotent-beginningless and endless.
- ॐ Conscious thoughtless state of mind is called yog and its practice "yogic practice".
- ॐ Center of any two things is the door leading to God's House.
- ॐ There is no count of these centers.
- ॐ Creation, protection, destruction is the play of indestructible self.
- ॐ Do everything with no thought of gaining benefit in yoga.
- ॐ Do not fall prey to frustration, anxieties and worries.
- ॐ Don't allow your wealth to soil your mind.
- ॐ Destruction of all desires and prejudices produces enlightenment.
- ॐ Density of clouds of ignorance makes the difference.
- ॐ Do not bind yourself with conditional charity.
- ॐ Dualities occur constantly and act as a fire and the only remedy is to extinguish it with self knowledge and wisdom.
- ॐ Do not create the painful multiplicity of the world but live in the beatitude of His unity.
- ॐ During the passage of all three states one can experience acceptance at the door of God's house.

- ॐ Derive the delight of maintaining awareness and determination plays an important role.
- ॐ Devotion to God is the greatest strength to stay put with Lord Shiva – The universal consciousness.
- ॐ Don't control mind-allow it to go wherever it wants and enjoy but, bring it back to the point of meditation.
- ॐ Don't get disturbed. Be in the middle. Anything can happen anytime. Meditate with love.
- ॐ Don't allow dark forces capture the mind.
- ॐ Desire discolours the intelligence.
- ॐ Don't allow yourself to become a toy of play in the hands of nature.
- ॐ Do not get lost – better reside in your own self.
- ॐ Disappearance of individual consciousness floods Yogi with the unparalleled nectar of bliss, that is Universal Consciousness.
- ॐ Do not get attached to outer impressions – see “Him” inside with great effort. You have to do it yourself as no one else can do it for you.
- ॐ Do not get swept away by the wild gusts of passion- control mind to stay away from stray smooth walks.
- ॐ Desireless actions lead to eternal knowledge and liberation.
- ॐ Don't forget that the situation one is placed today is the result effect of the cause related by one's own self in the past.
- ॐ Determination is key to success.
- ॐ Do not allow your mind to get lost in an unfamiliar territory.
- ॐ Destiny is the return gift of your actions.
- ॐ A word of caution – not to get lost under the small temptations of yogic powers, remain away from them. They play their game to bring you down.
- ॐ Dirt of ignorance is the cause of destruction.

- ॐ Don't blame others for your problems. They are created by you. You have designed your present destiny and fate. Present is permanent. Present is past and future. Entire creation lives only in the present. In other words, it is God who lives in the present. There is nothing other than present. Present is a unique reality of supreme movement. It is the modes of present actions that get us entangled in the wheel of repeated birth and death.
- ॐ Disinterested selfless action is the key to success.
- ॐ External release of cosmic energy creates and internal release of it reveals.
- ॐ Even the desire for liberation is bondage.
- ॐ Earnest inquiry can help one to overcome the delusions created by the mind.
- ॐ Ego stands as an iron pillar in the way of seekers upward spiritual evolution.
- ॐ Everything is gained with the disappearance of ignorance.
- ॐ Essence of mantra consists in the knowledge of being one – non dual.
- ॐ Evil state of mind due to lack of knowledge brings misery and bad time.
- ॐ Expectations lead to disappointments and blessed are those who expect nothing.
- ॐ Everywhere, at all times, under all circumstances meditate on God.
- ॐ Every action you undertake eventually comes back to you.
- ॐ Evolution and innovation leads to inspiration.
- ॐ Expand your awareness to mingle in the expanse of all the three states.
- ॐ Everything that you experience is written by you for yourself – why blame others.
- ॐ Experience makes man wiser and humble.

- ॐ Everything animate and inanimate is "His" manifestation.
- ॐ Every particle is different from others and that is the mystery of this cosmic constitution.
- ॐ Every particle in this universe is Shiv- and that is universal consciousness.
- ॐ Everything has emerged from the formless invisible God, but His field of activity is visible everywhere in this nature created by His will for His own self.
- ॐ Expand your awareness to mingle in the expanse of all the three states.
- ॐ Ego is attachment of me and mine, the soul cause of creating dark clouds around.
- ॐ Fire reveals – creates and destroys to create.
- ॐ From the standpoint of the highest there is neither bondage nor liberation.
- ॐ Fruit of actions cannot be erased by any degree of intellectual endeavors.
- ॐ For yogis, previous knowledge is remembered as a dream to help them start where they had left.
- ॐ Forget the gloomy and pleasant thoughts of the past. Feed the mind with the lofty thoughts of the present to make future known and certain.
- ॐ For a great yogi all the states are one with supreme bliss of awareness.
- ॐ Follow the call of duty.
- ॐ For instant result, concentrate on energy of will.
- ॐ Good nature is the very air of a good mind.
- ॐ God consciousness exists in all creation.
- ॐ God is the experience of all experiences and is hiding in you.
- ॐ God is power and liberty --- heat and moisture.

- ॐ Get plugged into thoughtless state with full awareness.
- ॐ Good and evil states of mind appear due to the effect of one's actions and ignorance.
- ॐ Good action – Bad action, Joy – Sadness, Riches - Poverty, Profit & Loss and so on and so forth, riveted by SATOGUN-RAJOGUN-TAMOGUN are the instruments of bondage i.e. Birth and Death.
- ॐ God the creator is also a savior.
- ॐ God's grace alone bestows Eye-of-wisdom to see the truth as only truth can liberate a person and nothing else.
- ॐ Guru-Bhakti (service to master) is the foundation of spiritual development.
- ॐ God is cosmic energy and His creation is cosmic play.
- ॐ Gaze and catch that point of union and be determined to make it permanent.
- ॐ Grace of master only helps maintain continuity of awareness – otherwise it is impossible.
- ॐ God consciousness is eternal and always present – one has just to be aware of it to realize it.
- ॐ Great yogis continue to strengthen the power of their awareness. They become just like Lord Shiva and whatever they think and will - comes true.
- ॐ Her abode consists of 36 elements of Shiv-Shakti doctrine.
- ॐ Her dwelling place in Dharma, Artha and Karma – a pathway to liberation.
- ॐ He is a circle whose center is everywhere and its circumference is nowhere.
- ॐ His play is to create, protect destroy and again create to destroy.
- ॐ His hobby is to conceal and reveal His nature though the cycle of this world.

- ॐ He is the over Lord of the existence.
- ॐ High supreme fire reduces everything to sameness only to reappear as consciousness.
- ॐ He who regards the whole world as play of God with ever united cosmic consciousness lives a liberated life.
- ॐ Highest reality of unity is established in the recitation of mantra "Om".
- ॐ He who knows that there is nothing which is not Shiva is ever united and liberated.
- ॐ Helping hands are better than praying lips.
- ॐ Holding capacity of the heart is immeasurable.
- ॐ He supplies air and rain and lives in the state of excellence.
- ॐ His presence radiates spiritual sparks everywhere - is very near and yet far away.
- ॐ He is energy full of dazzling effulgence and His revealing nature exists everywhere.
- ॐ Hold thoughts and divert them towards nature as nature is everything in all the works that exist.
- ॐ His revealing nature exists in everything.
- ॐ His play remains always in movement and turbulence – stability word does not exist in the dictionary of His field.
- ॐ He and the nature that He has created are only one. He is Shiv and External Being. His external being in the form of nature is shakti.
- ॐ Humility creates a valley of bliss and egoism creates a valley of destruction.
- ॐ He is hiding in you and meditation is the only way to reach Him.
- ॐ Intensity and unbroken continuation of concentration in the field of attention prescribed by Master for achieving thoughtless state of mind is yoga.

- ॐ It is by virtue of three modes of nature – “SATTVA”, “RAJAS” and “TAMAS” that shape beings and dissolve them in diverse ways.
- ॐ Ignorance is bondage and knowledge leads to liberation.
- ॐ Ignorant are terrified by worldly resistance.
- ॐ In the universe of 118 worlds all variation of creation are in the grip of time.
- ॐ It is Her splendor which engulf's the entire universe with the brilliance of a thousand rising suns.
- ॐ It is nature and elements which constitutes source of this world.
- ॐ It is limited knowledge which makes man feel incomplete.
- ॐ In all dispensations He works for our good and in prosperity He tries our gratitudes, obedience, trust and faith.
- ॐ In mediocrity our contentment, in misfortune our submission, in darkness our faith and under temptation our steadfastness.
- ॐ It is said that He is never sleeping eye only to read our heart and register our thoughts and actions.
- ॐ Ignorance of reality is bondage – Maya.
- ॐ If leaving the world one meditates over the entire expanse of phenomena as Shiva, one will not have to undergo birth again.
- ॐ It is the friction of two forces that ignites fire in the body of a yogi.
- ॐ If you cannot give life, you have no right to take it away.
- ॐ It is said that what goes around comes back around, It is law of cause and effect.
- ॐ I have nothing to offer you for everything belongs to you.
- ॐ I consciousness is beyond Karma(action). It is body, mind and ego which kill and get killed as per play of gunas.

- ॐ I consciousness operates in the field of 36 elements. One has to reap the harvest of seed of actions as sown in this field. It is in this field of nature that duality predominates. This is the cage we are placed in.
- ॐ It is will, knowledge and action that descends to the field of this universe, creating disturbance, dark ignorance and entangle one with limitations again & again. This is part of His play and very difficult to conquer.
- ॐ Inner struggle between right and wrong-often torments the thinker.
- ॐ Individual "I" becoming one with the Universal "I" is supreme knowledge of that bliss.
- ॐ In this universe there are only two aspects found- The energy and energy holder. Energy of illusion carries you away from the reality of self. Conquer the field of the illusion to help make observed and observer become one.
- ॐ It is in all collective effort of organs to prevent you see reality of yourself.
- ॐ Ignorance is bondage and pain, whereas awareness is joy and liberation.
- ॐ It does not matter how slowly you go as long as you do not stop.
- ॐ In order to realize "who am I" blast the fundamental idea that I am this mind and body and look for a master to help you find solution to the mystery of this existence.
- ॐ Inactivity or activity seeking fruit of activity leads to bondage.
- ॐ It requires proactive contact to remember Him from moment to moment.
- ॐ If you risk nothing, then you risk everything.
- ॐ In the organs of senses there is continuous war going between right and wrong. Don't take any side; just be a witness to it. Follow middle path.
- ॐ It is easy to get into the pit of mud but difficult to come out of it.

- ॐ Joy and Misery have no permanency - indeed have no existence. They come and go and vanish as waves in the ocean.
- ॐ Judgment is always wrong when imagination is out of focus.
- ॐ Jeev – the individual consciousness can not be seen. But it is more powerful than body and mind.
- ॐ Knowledge is the surest way to salvation and it arises from observing the center with loving faith.
- ॐ Karma is a chain, whether of Gold or any base metal and is only foreign to self seeking liberation.
- ॐ Kingdom of God which is within us, cannot be visited with the baggage of ignorance.
- ॐ Keep on knocking at His door and it will be opened at the right time.
- ॐ Knowledge alone is life giving source of liberation and can only be received through the word of Master. It works as a bright star lightning the ignorant sea.
- ॐ Knowledge and wisdom settles all the trials and tribulations of life.
- ॐ Keen spiritual longing compels an aspirant to deepen and widen infinite depths of the soul in which the meaning of existence is reflected.
- ॐ Knowledge is at your disposal, make use of it otherwise it is a bondage.
- ॐ Keen spiritual longing compels an aspirant deepen and widen infinite depths of the soul in which the meaning of existence is reflected.
- ॐ Knowledge is at your disposal, make use of it otherwise it is a bondage.
- ॐ Knowledge is a progressive discovery of your own ignorance.
- ॐ Kill this "I" to know real "I".

- ॐ Know that this universe is meant for your upliftment as He is always present to lift you.
- ॐ Luminosity and reflection grow together into an undivided unity as one.
- ॐ Liberation is nothing but dissolution of tendencies, predispositions and residual impressions.
- ॐ Liberation can be achieved through mighty obstacles.
- ॐ Lord Shiva and Shakti are one as fire and heat and happen to be nature and existence of all beings.
- ॐ Light and darkness reside in the supreme light of God consciousness.
- ॐ Lord Shiva is seated on a three petal Lotus consisting of energy of Will-Action and Knowledge – (Trishula of Lord Shiva).
- ॐ Lord Shiva's glory and intelligence lies in His being independent. He can be a creation with consciousness and without consciousness.
- ॐ Lord Shiva can simultaneously take any and every form in the universe and this is the way He spreads and expands His own nature.
- ॐ Loving faith and surrender delivers from all sins.
- ॐ Learn to give without remembering and to take without forgetting.
- ॐ Limited knowledge is the cause of bondage.
- ॐ Life is all about change, things move forward and the past is forgotten, future you dont know and therefore make best use of the present, present is permanent.
- ॐ Love God and his mercy will ensure your efforts do not go waste because it is in His nature to see His disciples do not perish.
- ॐ Lord Siva is desire less entity present in everything. Dismantle mental cage- and see Him everywhere and in everything. He is creator, sustainer and destroyer of all that we see.

- ॐ Love of God instantly provides bliss.
- ॐ Lord Siva is luminous universal consciousness with self reflection as its intimate character.
- ॐ Lord Siva is always in movement. He is the embodiment of movement. This is why everything is in movement.
- ॐ Lord Shiva's energy of will is one with Shakti. They are not separate. Yogi's also get merged with this energy of Lord Shiva.
- ॐ Love beautifies everything that it touches to create miracles and this is His field and it can never diminish.
- ॐ Life is pilgrimage to learn through the language of loving discipline.
- ॐ Live in action as this only does not bind one to the Law of Karma.
- ॐ Live in the eternal kingdom of God and enjoy life of eternal bliss and knowledge.
- ॐ Let the mind be attentive to ones utterances to let thought and mind correspond.
- ॐ Lord Siva is cosmic consciousness and cosmic energy. They cannot be separated.
- ॐ Move on and dont waste your time looking back at what you have lost.
- ॐ Meditation on Om as Om is greater than The great.
- ॐ Mind is non-physical and intangible and therefore and elusive entity. Indeed most powerful working force in the body. It is both friend and enemy.
- ॐ Meditate on the qualities of tolerance and generosity.
- ॐ Meditation is a war between Maya and alertness.
- ॐ Meditate on a point situated within ones ownself.
- ॐ Mind without cultivation can never produce any good fruit.
- ॐ Man is bound down by the Law of "KARMIC" cause and effect.

- ॐ Mind is said to be restless mischievous monkey.
- ॐ Maintain break less awareness of that universal cause with your breathing movement.
- ॐ Meditation calms down restless nerves of the mischievous mind.
- ॐ Material knowledge, ignorance and free will is bondage.
- ॐ Make it a habit to live with awareness of breathing movement- the field of action gets more and more glorified.
- ॐ Man lives when he lives for others.
- ॐ Master can help you in the process but he cannot do it for you.
- ॐ Mind is more powerful than the body.
- ॐ Man is spark of cosmic consciousness – not body and mind only.
- ॐ Man is caught in the cage of body and mind combination – forgetting its true identity- that is – individual consciousness.
- ॐ Merger of Jeev (Individual Consciousness) with Shiv (Cosmic Consciousness) is “Yog” and is only possible through this human frame – Do not allow it to go waste.
- ॐ Maintain continuous attention in the process of action and act in the product of action. This is the catch and this is the trick.
- ॐ Man of knowledge quickly renounces fruit of his actions- because he never desired them.
- ॐ Meditation leads to awareness and awareness leads to meditation.
- ॐ I & mine germinate ego.
- ॐ Mantra is to be recited with consciousness.
- ॐ Mother is the center of all mantras.
- ॐ Neither renunciation nor penance is enough without self knowledge to attain liberation.

- ॐ Nothing can stand in the way that prepares an individual, neither the fruit of His past actions nor the circumstances of the present life if there is personal effort.
- ॐ Nothing is created and nothing is destroyed. Things only change shape.
- ॐ No situation can break the awareness of an accomplished yogi.
- ॐ Nothing happens by chance, you have created it in the past.
- ॐ No one can exist without activity.
- ॐ One who is craving for higher self should avoid to get attached to objects of desire.
- ॐ Once the delusive Maya is conquered the inherent knowledge of reality comes to surface.
- ॐ One who is always awake can see the whole world as his own self.
- ॐ Once yogi firmly sits on his seat and spreads out his awareness to only see unity in diversity.
- ॐ One has to remain alert on the path of transcendental state as transient pleasures are keen to hit you out.
- ॐ On the disappearance of difference one can experience altogether different variety of life.
- ॐ Only accomplished yogi's can maintain and live life is full awareness without break both inwardly and outwardly.
- ॐ One in a million may be found who has in his heart what he has on his lips.
- ॐ One has to move on mountain path to experience mountain path.
- ॐ Ordinary individuals get frustrated in life due to non-fulfillment of their desires and expectations but yogis enjoy because they do not live in mind-mind lives in them.
- ॐ One thing is certain that a flower once blossomed for ever dies.

- ॐ Organs are spectators and know that whatever happens in this world is just a play. Allow self to remain at one place to witness this play to seek universal independence with great reverence.
- ॐ Present effort can overcome the consequences of ones past actions.
- ॐ Perform duties in a spirit of absolute selflessness and without the least regard ...for the direct or indirect result that may accrue from them.
- ॐ Pour every element into the fire of highest consciousness.
- ॐ Purification of the path is a continuous process till final liberation.
- ॐ Put everything aside and run to take a dip in the nectar of universal bliss.
- ॐ Presence of God consciousness in a purified mind is mantra- and it gets filled with bliss.
- ॐ Parents are equal to more than thousand teachers.
- ॐ Prayer requires your mind and heart – not your tongue.
- ॐ Perseverance is a great relevant of success, if you knock long enough and loud enough, you are sure to wake up somebody. Peace brightens the light of happiness.
- ॐ Prakriti and Purusha create this world and its one name is Siva.
- ॐ Past is gone – future you don't know, therefore live in permanent present. Living in present teaches cause of past and future. Learn to live in present. Indeed, very difficult and needs practice with full awareness.
- ॐ Put all efforts to tame mind and its waves- you will succeed; bring it under control to live in the present.
- ॐ Present is a unique reality of supreme movement.
- ॐ Reactions of mind are horrible when it comes in contact with an object – sometimes very much undesirable.

- ॐ Retention establishes control.
- ॐ Remove the vitalizing factor of desire in action.
- ॐ Remain conscious that you are Shiva and act.
- ॐ Realized yogi is an actor on this world stage as a conscious spectator taking delight of it within self.
- ॐ Realized yogi enjoys power of absolute freedom.
- ॐ Remember that God is as close to you as thought. Remember Him and He is with you- but not that easy –ego will not allow you to surrender and nothing can be achieved without self surrender.
- ॐ Remember God always in every action and He will take care of the rest. Remain pure and attached.
- ॐ Resign from the membership of three gunas and your actions become means to attain "Lord Siva".
- ॐ Real problem is to find a way to know this self – Individual Consciousness which is birthless and deathless. But "I" ego has developed around thinking "I am the body".
- ॐ Remain fully aware in the state of pure knowledge and do not allow consciousness to decline.
- ॐ Remember that all that you do the benefits and or the result is only meant for you.
- ॐ Remain alert and conscious – give full freedom to play of senses-show total disinterest –bring senses back –give a start to process of detachment. You become aware of the burden and start throwing them one by one consciously through repeated meditation. Remain fully aware in the state of pure knowledge and do not allow consciousness to decline.
- ॐ Religion is a way of life to be experienced with Universal Consciousness.
- ॐ Reality exists in that universal state where there is no pain and no pleasure –but only bliss.

- ॐ Renunciation, knowledge, action, direction, peace and bliss are all of three types/qualities. This is beginning less and endless. One has to become worthy and understand this knowledge only through the mercy of the Lord and therefore work preaching the glory of His name.
- ॐ Striking of two energies ignites fire.
- ॐ Selfish and sinful activity arises from the spirit of desire.
- ॐ She is the cause of origin, sustentation and desolation of the world.
- ॐ Salutations to Her for she reveals Him to the devotees.
- ॐ Sometimes for His devout devotees He acts as a powerful lamp in deep darkness of their gloom.
- ॐ Spiritual beauty lives in the creator and His emotion.
- ॐ Search the creator in His creation by observing and experiencing God consciousness in every activity of the world.
- ॐ Spiritual pilgrimage is not possible without the guidance of Master and His grace.
- ॐ See inaction in action.
- ॐ Supreme knowledge of non-dualism floats yogi in the vast expanse of consciousness.
- ॐ Sooner or later time serves what you deserve.
- ॐ Shrimad Bhagwat Gita is a manual of life for liberation of soul.
- ॐ Shakti is more violent than Shiva.
- ॐ Saivism stands for progress be it material or spiritual. The trick it teaches is to get rid of and live beyond the ambit of Gunas.
- ॐ Shiva and Shakti are inseparable.
- ॐ Stop mental movements and enjoy all the movements.
- ॐ Shoot sparks of awareness one after the other to make churning of the point act in deeper silence of bliss.

- ॐ Self is beyond creation and destruction.
- ॐ Silence is a key to self surrender and this will help live in a state of complete independence.
- ॐ Small minds discuss people, Big minds discuss events, Great minds discuss ideas, & Greatest minds act in silence.
- ॐ Silence cannot be manipulated.
- ॐ Sovereign energy is one and is called sovereign awareness.
- ॐ Self surrender should be motivated by one's own wisdom and strength and not weakness.
- ॐ Serve the Lord in the shape of poor, diseased and the sinner.
- ॐ Spirituality is based on Law of love.
- ॐ This universe is His own expansion.
- ॐ There is a continuous rush of thought waves but yogi remains calm in his own nature just as all rivers enter the ocean.
- ॐ The three Gunas are the constituents of Maya.
- ॐ The greatest Mahakali who is everything is a voracious eater as she reabsorbs the entire universe into herself.
- ॐ Time is Omnivorous. It eats up everything. It can destroy everything but no one can destroy time except Lord Shiva himself with the support of Mahakali.
- ॐ Think of Him as nearest of the near.
- ॐ This universe is the means by which one can attain liberation.
- ॐ Though engaged in the various activities of life – a man of tranquility remains unattached to them.
- ॐ Tranquility, inquiry, contentment, and grace of Master are important prerequisites to make a man fit to knock the door of God.
- ॐ There are forces in one's body watching and ready to destroy your God consciousness. One has to remain determined and strong to fight the enemy within.

- ॐ Thinking is the hardest work which is the possible reason why so few engage in it.
- ॐ Treat kindly every truth that knocks begging at the door, otherwise some day you may fail to recognize truth when He comes in rags.
- ॐ Temple of our purest thoughts is our silence.
- ॐ The only way to predict the future is to create it.
- ॐ Transcendental consciousness reveals one's own essential self with the universe.
- ॐ The highest shakti is inseparable from Lord Shiva. They are one as heat to the fire and rays to the sun.
- ॐ To remain united with one pointed awareness is the key to success.
- ॐ To the yogi- identification with the body is a disturbance and it must disappear.
- ॐ The senses of the yogi witness inwardly the glory of the cosmic whole.
- ॐ There are forces with terrible power deluding you constantly from the right path.
- ॐ The great yogi's feel pleased to help deserving others cross the ocean of worldly existence.
- ॐ The great yogi's established in self awareness and as an instrument of enlightenment disseminates--knowledge of self to others.
- ॐ The yogi who has acquired transcendental consciousness is not affected by pain or pleasure – being established in real self.
- ॐ The highest manifestation of action is when it is directed by knowledge.
- ॐ There is no greater force than he who deliberately goes searching for pleasure beyond those which God has put in the natural course of life.

- ॐ Think of God in Whatever you see, Whatever you do and whatever you touch.
- ॐ There is no elevator, one has to take the stairs to reach Gods House.
- ॐ The universe is composed of 36 elements.
- ॐ The offering is a food that satisfies the hunger.
- ॐ The pose and deposition of mind held at one place firmly is a walking stick that is made to serve as a seat for the realization of truth anywhere and everywhere. Remain seated in that posture effortlessly.
- ॐ The field to activity is dominated by cause & effect relationship.
- ॐ The three qualities are the greatest binding force. A true aspirant disowns and discards these three qualities as they all act to be hindrances in the final spiritual evolution of man.
- ॐ The aim should be to lead a life of simplicity, reciting the name of God and purification of mind on the basis of constant witnessing.
- ॐ This world is a recreational amusement park. Do not get attached to it, simply watch & become a part of this play with full awareness.
- ॐ The great yogis established in God consciousness live like flame in fire and keep on performing their routine work.
- ॐ The universe is the embodiment of innumerable collective energies of yogi's own self and to get liberated he has to play in the field of these innumerable collective energies.
- ॐ To detach mind from everything, enjoy everything.
- ॐ This creation is creator's property – nothing belongs to you.
- ॐ Three waves of Prakriti do not disturb a person of awareness.
- ॐ The activity of Lord Siva is to create and destroy and likewise to destroy to create. Always active, never likes to sit idle.

- ॐ Train mind to remember Lord through the cosmic symbol of "OM". This is yet another surest way to get liberated.
- ॐ This false "I – ego" is to be killed to know self as it keeps man in bondage to suffer for all times to come. Ignore it and it gets killed.
- ॐ Total faith, perfect surrender and extreme devotional service alone can help a person to get liberated.
- ॐ The secret of worship is to feed and serve others. Blessed are you if you are able to serve.
- ॐ To remain in the state of awareness is the trick.
- ॐ This world is a play ground.
- ॐ The biggest enemy is past success.
- ॐ The purpose is to cross boundaries of limitation.
- ॐ Truth brings light and generates sense of duty and guides to do a right thing.
- ॐ Transcend the influence of Law of Karmas.
- ॐ The Great yogi's maintain dominion over all destructive energies. They do not play with him. Instead he plays with them and keeps them at bay and shares their pure knowledge with others.
- ॐ The most fundamental principle of this creation is Love. The great yogi's also discard and do not own that which is to be discarded. He is aware and knows what is right and wrong.
- ॐ The awareness of God consciousness should be infused in everything and then see how the energy of absolute independence works.
- ॐ The accomplished yogi's cannot be carried by anybody because they are themselves born carriers, as they always remain eternally centered in their state of God consciousness.
- ॐ The internal awareness gets lost with worldly pleasures and thus gives rise to pain and sadness.

- ॐ Unique is the unity of Shiva and Shakti as they are always equal and identical.
- ॐ Universe is filled with one life in different forms.
- ॐ Unawakened are pushed down into the ocean of worldly existence – indeed very difficult to cross.
- ॐ Use awareness to watch awareness.
- ॐ Universal Energy and Lord Siva always remain together. They cannot be separated. They are one. This one takes many formations through the energy of will. It is will, knowledge and action that descends to the field of this universe to create disturbance, dark ignorance and entangle one with limitations again and again. This is part of the play in this field and very difficult to conquer.
- ॐ Universal action taken with the support of universal knowledge is an independent action.
- ॐ Universal consciousness is one's own nature and its absolute independence is its liberation from the play of Lord Shiva that is to conceal himself to find himself.
- ॐ Universal consciousness is store house of will.
- ॐ Universal dance is a continuous process and you are an actor in this field of drama.
- ॐ Varieties of creation and destruction do not correspond to each other.
- ॐ Vigilance is indispensable for all true progress.
- ॐ When Lord Maheswara performs the violent dance to dissolve the world into its cause- the divine Mother shears the power to outlive the dissolution. Thus she is the first cause – Primordial Energy – that created the entire universe and is present in everything that they created.
- ॐ While doing all He does nothing.
- ॐ Worship Him in His creation.

- ॐ When the mental turmoil disappears, it is only then that the highest state is attained.
- ॐ Worship consists in the unification of the different streams of senses with the infinite.
- ॐ When mind is tuned inward, it can realize real nature of self.
- ॐ With the ending of desires yogi is liberated and leads a life of perfect reality.
- ॐ Will can be invoked through the power of Universal energy.
- ॐ We are all borne divine to manifest this divinity within.
- ॐ When all agitations end, then the state of Lord Siva comes into being.
- ॐ When everything is offered in the fire, God consciousness is revealed.
- ॐ Worldly pleasures take away everything therefore great yogis being aware of their self – enjoy them without getting divested towards these worldly pleasures.
- ॐ World attachment grows very fast facilitating body and mind to rule your state. We are bound down by the Law of Karmic cause and effect.
- ॐ Whatever yogi desires, it happens. It is neither magic nor a miracle. But His will.
- ॐ When riches take wings – comforts vanish.
- ॐ Well founded happiness is always permanent.
- ॐ Watch the point – that is pause of silence. Let mind venture in these high seas of nothingness.
- ॐ With realization of God – activity remains the same as before.
- ॐ Witness all dark forces. Starve and discard them with full awareness. The result of all actions done in this process does not have any binding effect. Act as a duty with conscious feeling of detachment towards all actions.

- ॐ Wise remain always in the state of alertness and see Him in every situation.
- ॐ What a great escape route is provided in this field of play. One centre of duality. You have just to be aware of this centre.
- ॐ Wavering mind robs man of the wealth of spirituality.
- ॐ Yogi is witness to the events but not participant. He does whatever is necessary to do without any desire for the fruit of his actions.
- ॐ Yogi's perform supreme worship of Lord Shiva in each and every action during the course of daily life.
- ॐ Yogi maintains full awareness of I consciousness of God in every action.
- ॐ Yogi maintains full control over energies of cognition and action.
- ॐ Yoga means an effort to concentrate on cipher leading to equanimity of mind.
- ॐ Your effort and His grace can only remove bondages caused by our actions.
- ॐ Yogi acts through organs to control them through their high mind.
- ॐ Yogi remains in the state of his own self in all states of consciousness.
- ॐ Yogi experiences pleasant situations and ever new delight of sorts from within of I consciousness.
- ॐ Yogis omniscience and omnipotence can function everywhere.
- ॐ Yogi can withdraw his consciousness from any part of the body to just avoid the feeling of pain, if any.
- ॐ Yogi established in the highest state of power, stands steeped in the ocean of immortality.
- ॐ Yogi who has obtained pre-eminence in transcendental consciousness is "Shiva".

- ॐ Yogi never loses his hold on the awareness of I consciousness.
- ॐ Yogi can invoke his will power to create anything he desires.
- ॐ Yogis enjoy the pleasure realized through the bliss of Transcendental consciousness.
- ॐ Your own actions hold your future as one has to reap what he sows. Therefore everything that you experience is written by you for yourself – why blame others.
- ॐ Yoga is the knowledge that brings one nearer to the God.
- ॐ Your work will help you to be calm, study, free from thought currents good and bad and make you float in wave less sea of bliss.
- ॐ Yogis live in seclusion of "I" consciousness and thus destroy the great illusion of duality.
- ॐ Yogis enjoy to float with many currents rising in the great ocean of universal consciousness.



Asatho maa sath gamaya

Thamaso maa jyothir gamaya

Mruthyor maa amrtham gamaya

Om Shanthi! Shanthi! Shanthi!

ॐ

ABHINAVA GUPTA'S BHAIRAV SATOTRA

शिव चामरस्तोत्र

व्याप्त चराचरभाव विशेषं, चिन्मयमेकमनन्तमनादिम्
भैरवनाथमनाशरण्यं तन्यम चित्ततया हृदि वन्दे ।।1।।

त्वन्मयमेतदशेषमिदानीं भाति ममत्वदनुग्रहशक्त्या ।
त्वं च महेश सदैव ममात्मा स्वात्मयं मम तेन समस्तम् ।।2।।

स्वात्मनि विश्वगते त्ययि नाथे तेन न संसृतिभीतेः कथास्ति ।
सत्सवपि दुर्धर दुःख विमोह त्रास विधयिषु कर्म गणेषु ।।3।।

अन्तक मां प्रति मा दृशमेना क्रोधकरालतमां विदधीहि ।
शंकर सेवन चिन्तन धीरो भीषण भेरव शक्तिं मयोऽस्मि ।।4।।

इत्थमुपोढभवन्त्य संवित् दीधिति दारित भूरि तमिस्त्रः ।
मृत्युर्यमान्तक कर्म पिशाचैर्नाथ नमोस्तु न जातु विभेमिः ।।5।।

प्रोदित सत्य विबोध मरीचि प्रोक्षित विश्व पदार्थ सतत्वः ।
भाव परामृत निर्भर पूर्णो व्ययहमात्मनि निर्वृत्तिमेमि ।।6।।

मानस गोचरमेति यदैव क्लेशदशातनुताप विधात्री ।
नाथ! तदैव मम त्वदभेद स्तोत्रपरामृत वृष्टिरुदेति ।।7।।

शंकर सत्यमिदं व्रतदानस्नान तपो भवताप विनाशि ।
तावक शास्त्र परामृत चिन्ता सिन्ध्यति चेतसि निर्वृत्तिधारा ।।8।।

नृत्यति गायति हुष्कृति गाढं संविदियं मम भैरवनाथ ।
त्वां प्रियमाप्य सुदर्शनमेकं दुर्लभमन्य जनैः समयज्ञम् ।।9।।

वसुरसपौषे कृष्ण दयाम्यामभिननवगुप्तः स्तवमिममकरोत् ।
येनविभुर्भवमरू संन्तापं शन्तापं शमयति झटिति जनस्य दयालुः ।।10।।

ॐ

महा मृत्युञ्जय मंत्र

ॐ त्रियम्बकं यजामहे, सुगन्धिं पुष्टिवर्धनं ।
उर्वारुकमिव बन्धनान् मृत्योर्मोक्षय मामृतात् । ।

**Om triyambakam yajāmahe sugandhim pushtivardhanam,
urvārukamiva bandhanān mrrityormokshiya māmrritāt.**

We worship Shiva - The Three-Eyed Lord

Who is fragrant and nourishes and grows all beings.

As the ripened cucumber is automatically liberated

from its bondage to the creeper when it fully ripens;

May He liberate us from death, for the sake of immortality

We pray to Lord Shiva whose eyes are the Sun, Moon and Fire

May He protect us from all disease, poverty and fear

And bless us with prosperity, longevity and good health.



CHANT OF SHIVA

Shivoham: Shivoham

Mano buddhya-hankara chittani naham
Na cha shrotra jihve, na cha ghrana netre
Na cha vyoma bhumirna tejo na vayuhu
Chidananda rupah shivoham shivoham. (1)

I am not the mind, intellect, thought, ego, or some form of the supreme being; I neither have ears, nor tongue and I neither have nose (nostrils) nor eyes; I am not the sky, earth, light or the wind; I am the fortunate, joyful, supreme being who is the very emblem of truth, knowledge and eternal bliss.

I am consciousness and bliss. I am Shiva, I am Shiva.

Na cha prana sangno na vai pancha vayuhu
Na va sapta dhatur na va pancha kosha
Na vak pani padau na chopastha payoo
Chidananda rupah shivoham shivoham. (2)

I am not the most essential air that everyone breathes. Nor a part of essential five gases related to bodily functions (which are Prana, Apama, Vyana, Udana and Samana). I am not the seven-fold material (Rasa, Rakta, Mamsa, Medas, Asthi, Majja and Shukra) that help in body's physical development, I am not part of five coverings that help to build up the personality (food, air, mind, knowledge or wisdom and pleasure). Nor am I the five organs of action (which are speech/mouth, hands, feet, reproductive and rectum), I am the fortunate, joyful, supreme being who is the very emblem of truth, knowledge and eternal bliss.

I am consciousness and bliss. I am Shiva, I am Shiva.

Na me dvesha ragau na me lobha mohau
Mado naiva me naiva matsarya bhavah
Na dharmo na chartho na kamo na mokshah
Chidananda rupah shivoham shivoham. (3)

I have no likes or dislikes; Not I have any greed or delusion; I have no pride or arrogant vanity; Nor am I jealous of anyone or in competition with anyone ; I do not need the four main necessities of life (which are Dharma (Law of Life), Artha (Wealth), Kama (Desires) and Moksha (Liberation); I am the fortunate, joyful, supreme being who is the very emblem of truth, knowledge and eternal bliss.

I am consciousness and bliss. I am Shiva, I am Shiva.

Na punyam na papam na saukhyam na dukham
Na mantro na tirtham na veda na yagnaha
Aham bhojanam naiva bhojyam na bhokta
Chidananda rupah shivoham shivoham. (4)

I am not attached to any righteousness or sin; I have neither pleasure nor sorrow; I have no need for any Mantra; I have no need for pilgrimages ; I have no need for any sacred scriptures; nor do I perform any sacrifice or rituals; I am neither the meal nor the one who consumes or what is consumed; I am the fortunate, joyful, supreme being who is the very emblem of truth, knowledge and eternal bliss.

I am consciousness and bliss. I am Shiva, I am Shiva.

Na me mrutyu shanka na me jati bhedah
Pita naiva me naiva mats na Janma
Na bandhur na mitram gurur naiva shishyah
Chidananda rupah shivoham shivoham. (5)

I have no fear of death, nor do I have caste distinctions; I neither have a father nor mother because I was never born; I have neither kin/relatives nor friends; I have no gurus and nor am I a disciple; I am the fortunate, joyful, supreme being who is the very emblem of truth, knowledge and eternal bliss.

I am consciousness and bliss. I am Shiva, I am Shiva.

Aham nirvikalpo nirakara rupo
Vibhur vyapya sarvatra sarvendriyanam
Sada me samatvam na muktir na bandhah
Chidananda rupah shivoham shivoham. (6)

I am free of thoughts and beyond imagination since I have no form;
I am all pervading and exist everywhere; I am the king of all sense
organs; I am always impartial to everything and everyone,; I am
free from everything and I have no attachment to anything; I am
the fortunate, joyful, supreme being who is the very emblem of
truth, knowledge and eternal bliss.

I am consciousness and bliss. I am Shiva, I am Shiva.

shiva prarthana

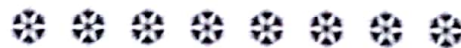
Om Namastestu Bhagavan
Visvesvaraya Mahadevaya
Trayambakaya Tripurantakaya
Trikagni-Kalaya
Kalagni-Rudraya Nil-Kanthaya
Mrityunjayaya
Sarvesvaraya Sadashivaya,
Sriman Mahadevaya Namah.

ॐ I bow to Lord Shiva who is the creator and protector of the
Universe, who is the greatest among Gods, who has three eyes,
who is the annihilator of all the three worlds, who is the master
of the sacrificial fire of three kinds, who is the Lord of Pralaya,
one whose throat is blue, who is the conqueror of death, who is
the Lord of all, who is always propitious and who is possessed
of all marks of greatness. To Him my prostrations.



OM NAMAH SHIVAYA

*Shiva! I raised this pen and voice to make
Some symbol of the love that is in me –
Some garland, lying near Thy lotus Feet,
To mind Thee of this life that groans for Thee.
But I have left them – Lord! There is no way
Of praise, of song, that fitly praiseth Thee –
No way of life, of death, of sacrifice
That yields Thee fruit, out of Eternity.
Lo ! Thy vast Self we name, but do not know,
And in the naming break the mystic spell !
Oh Shiva! If the silence is Thy hymn
Teach us to sing it well !*



This poem is reproduced as a tribute to Tandra DeviJi who flourished during 1st quarter of twentieth century in Kashmir. It will not be out of place to mention here that Tandra Deviji's poetry was inspired by her over burdened hunger to search the truth of her existence and the supreme secrets of the cosmic whole.

ॐ

॥ ॐ श्रीगुरवे नमः ॥

ॐ जुं सः अमतेश्वर भैरवाय नमः

* * *

प्रत्यात्मभूतः परमात्मारूपो
नित्यः शिवः सर्वसुलक्षणोसि।
लोकैरलक्ष्यो विदुषाभिलक्ष्यो
विलक्षणो लक्ष्मण उच्यसे त्वम्॥

* * *

ॐ बहुरूपाय विद्महे कोटराक्षाय धीमिह तन्नोऽघोरः प्रचोदयात्॥

* * *

ॐ अघोरेभ्योऽथ घोरेभ्यो घोरघोरतरे तरीभ्याश्च
सर्वतः शर्व सर्वेभ्यो नमस्ते रूद्ररूपेभ्यः॥

* * *

ब्रह्मार्पणं ब्रह्म हविर्ब्रह्माग्नौ ब्रह्मणा हुतम्।
ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्मसमाधिना॥

* * *

नमः सूर्याय सोमयाय मंगलाय बुधायश्च
गुरु शुक्र शनि भ्यश्च राहवे केतुये नमः

* * *

शिवस्वरूपोऽपि जगत्स्वरूपः
स्वात्मस्वरूपोऽपि परस्वस्वरूपः।
नित्योऽपि यो नित्यमनित्यरूप-
स्तस्मै नमः श्रीगुरवेऽदताय॥

* * *

महेशान्नापरो देवो महिम्नो नापरा स्तुतिः।
अघोरान्नापरो मंत्रो नास्ति तत्त्वं गुरोः परम्॥
इत्येषा वाङ्मयी पूजा श्रीमच्छंकरपादयोः।
अर्पिता तेन देवेशः प्रीयतां मे सदा शिवः॥

* * *

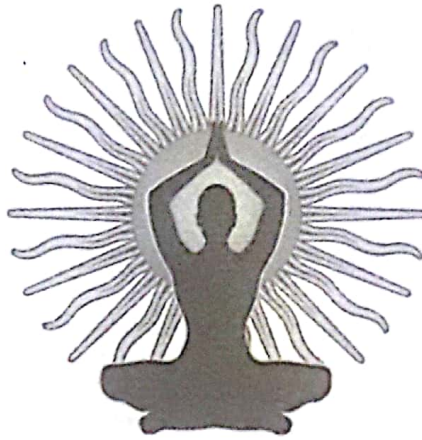
ॐ श्री महेश क्षन्तव्यं तदिदमपराधद्वयमपि॥

* * *

कर्पूर गौरं करुणावतारं संसार सारं भुजगेन्द्र हारम्।
सदा वसन्तं हृदयारविन्दे भवं भवानी सहितं नमामि॥

ॐ

THE PRAYER



*From this transient world of decay,
Lead me to everlasting world of BLISS;*

*Give me the effulgence of
Thy grace and illumine
My soul with truth;*

*Save me from the torture of
Birth and death, destroy
the cravings of the mind
which produce the seeds of
Birth.*

Peace ! Peace !! Peace !!!

ॐ

AMRITAPRADA OF ISHWAR ASHRAM



Sushree Sharika Deviji
(1913 - 1991)

Divine Mother, a symbol of viveka and viraga, faith & purity, patience and endurance, calmness and contentment besides sterling honesty & morality coupled with ocean of simplicity, mercy & grace.

श्रीमत्यै शारिका देव्यै महाशक्त्यै शिवस्य मे ।
नमो नित्यं महादेव्यै कृपामूर्त्यै पुनर्नमः ॥

Thus Spake the Great Grand Master
Swami Ram Joo Maharaj

श्री राम शैव (त्रिक) आश्रम
फतेहकदल-श्रीनगर

हरिरेव जगत् जगदेव हरिः हरितो जगतो न हि भिन्नमणुः ।

इति यस्य मतिः परमार्थगतिः स नरो भवसागरमुत्तरति ।।

आदौअन्ते चिद्रसरूपं मध्ये चिद्रस बुदबुदरूपम् ।

भातं भातं भारूपस्यात् नो भातं चेन्नितरां न स्यात् ।।



*O Creator of this Universe,
Remover of sorrows and pain,
Giver of life and happiness,
We meditate upon Thy splendor,
O Worthiest of all!
Through thy Bharga,
burn our sins,
O Resplendent Self,
And guide our intellects
to perfection!*



ॐ पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते । ।

The Personality of Godhead is perfect and complete. And because He is Completely perfect, all emanations from Him, such as this phenomenal world, are perfectly equipped as a complete whole. Whatever is produced of the complete whole is also complete by itself. And because He is the Complete whole, even though so many complete units emanate from Him, He remains the complete balance.

I worship that pure Sadguru whose nature is awareness by whose spiritual power the universe shines as the path of Shiva for the devotees.

– Abhinava Gupta



ॐ द्यौ शान्तिरन्तक्ष शान्तिः पृथ्वी
शान्तिरापः शान्तिः रोषधयः शान्तिः ।
वनस्पतयः शान्तिर्विश्वे देवा
शान्तिब्रह्मा शान्तिः सर्वः शान्तिः
शान्तिरेव शान्तिः सा मा शान्तिरेधि । ।
ॐ शान्तिः शान्तिः शान्तिः ॐ





THE TEMPLE OF LIBERATION



Ishwar Ashram, Gupta Ganga, Nishat, Srinagar

There is nothing apart from Shiva. There is nothing other than Shiva. Whatever there is is Shiva. There is nothing which is not Shiva. There is no place which is not Shiva. There is no time which is not Shiva. There is no state which is not Shiva. To be aware of this is to be aware of Shiva.



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